

Central District Health Department Summary

Counties	Average age	Education		Race / Ethnicity		
Hall, Hamilton, and Merrick	36.7 years	H.S Grad / GED or Higher	83.6%	White, non-Hispanic	87.2%	(62,003)
Total population	Median income	College Grad	16.2%	Minority	12.8%	(9,138)
71,141	\$37,192					

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the Central District, two rates for the overall population were significantly better than Nebraska rates: the average number of days that physical health was not good and the average distance from home to the closest emergency room.
- Among women in this District, the average number of days when physical health was not good was significantly lower than the average for women statewide. Two rates for women in the Central District were significantly worse than Nebraska rates for women: the proportion of women aged 18 to 64 without health care coverage and the proportion of women who knew what “Five-a-Day” means.
- No significant differences were noted for men.

Health-Related Quality of Life

- Among Central District adults, 17.1% considered their general health “fair” or “poor.”
- The average number of days in the past month when Central District adults rated their physical health as “not good” (2.7 days) was significantly lower than the statewide rate. Women in this district also reported a significantly lower average number of days when physical health was not good (2.5 days), compared to women statewide.
- In the Central District, respondents averaged 2.9 days in the past month when mental health was “not good.”
- Poor physical or mental health prevented Central District adults from participating in their usual activities an average of 3.8 days in the past 30 days.

Health Care Access

- About one-fifth of Central District residents aged 18 to 64 years (21.1%) reported having no health care coverage. Central District women (24.7%) were significantly more likely than women in this age group in Nebraska overall to be without health insurance.
- Among Central District adults, 17.5% did not have a personal doctor or health care provider and 16.7% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Seven out of ten adults in the District (69.9%) reported visiting a doctor for a routine checkup within the past year.
- The average distance from respondents’ homes to the closest emergency room (ER) was significantly lower in the Central District (5.1 miles) than the average for Nebraska.
- In this District, the average distance to the ER at which respondents preferred to receive care was 11.4 miles (more than twice the average distance to the closest ER—5.1 miles).
- More than one-half of Central District adults (57.3%) reported no problems or barriers to getting medical care, other than cost.
- Among Central District residents who reported a problem getting medical care (other than cost), work (20.2%), long waits (16.5%), and not having insurance (14.7%) were mentioned most frequently.
- Central District residents most often cited a doctor (42.4%) as their primary source of information on health issues or illness. Family or friends (14.1%) and the Internet (13.0%) were also mentioned frequently. Men were somewhat more likely than women to use the Internet, while women were more likely to turn to the newspaper for information.

Cardiovascular Disease

- Nearly one in ten Central District adults (9.5%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- In the Central District, 29.1% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the Central District were much more likely to identify cardiovascular disease (79.8%) than they were to identify stroke (45.2%) as something untreated high blood pressure can lead to.
- The majority of Central District respondents (68.2%) had their cholesterol level checked during the last five years.
- Among District respondents who ever had their blood cholesterol level checked, 43.0% had been told it was high.
- During the past year, about one of every nine Central District adults (11.2%) were certified to perform CPR.

Diabetes

- Among Central District residents, 7.1% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Two-thirds of Central District women aged 40 or older (67.3%) reported having a mammogram in the past two years.
- Nearly one-third of adults aged 50 or older in this District (31.6%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the Central District (43.2%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- Nearly one in ten Central District adults (9.8%) had ever been told they had asthma, while 7.7% currently have this disease.

Overweight and Obesity

- More than two-thirds of Central District adults (69.3%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as “obese”—28.2% in the Central District.

Tobacco Use

- Sixteen percent of Central District adults currently smoke cigarettes, either daily or on some days of the month.
- More than one-fifth of adults in this District (22.6%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in the Central District, 56.1% reported trying to quit smoking during the past year.
- More than three-fourths of the adults in this District (78.5%) said they have rules prohibiting smoking anywhere in their homes. Eight out of ten adults who work indoors most of the time (81.2%) stated that their workplace’s official smoking policy does not allow smoking in any work areas.

Physical Activity and Sedentary Behaviors

- Nearly one-third of adults in the Central District (31.8%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 48.1% of District respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.
- More than one-third of Central District adults (38.4%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- Less than one-fifth of Central District respondents (18.9%) consumed fruits and vegetables the recommended five or more times per day.
- About one-third of Central District adults (35.8%) were knowledgeable about what “Five-a-Day” means, with women (43.1%) somewhat more likely than men (28.3%) to know what this phrase means. However, women in this District were significantly less likely than women statewide to be knowledgeable about “Five-a-Day.”
- Less than one-fifth of District respondents (18.9%) reported consuming dairy products three or more times daily.
- On average, Central District adults ate food from restaurants or fast food shops 2.0 times per week. Men in the District reported a significantly greater number of times per week (2.4) when they ate out than women (1.6).
- Only one-third of respondents (32.3%) rated foods at community events in the Central District as “always” or “almost always” healthy. However, the majority of respondents (61.5%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Only about one-fourth of respondents (24.9%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- In the Central District, 45.4% of adults reported consuming at least one drink of alcohol in the past 30 days.

Injury

- One in ten adults in the Central District (10.1%) said they had fallen in the past three months. Of those who had fallen, one-third (33.6%) were injured by the fall.
- The majority of Central District respondents (81.7%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Women in this District (92.3%) were significantly more likely than men (70.8%) to report always or nearly always wearing their seatbelts.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 45.5% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

Immunization

- Among Central District residents aged 18 and older, 28.6% got a flu vaccination during the past year.

Oral Health

- Two-thirds of Central District adults (66.9%) saw a dentist or visited a dental clinic in the past year.

Women’s Perceptions of Health Threats and Causes of Death

- Four out of ten women in the Central District (41.4%) identified cancer as the leading health problem facing women today.
- Only 13.2% of women in the District consider heart disease or heart attack the leading health problem facing women today. However, 46.6% identified heart disease/attack as the leading cause of death for all women.

Social Context

- Few Central District adults (6.1%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 14.4% of Central District respondents reported it is “somewhat” or “very unsafe.”

Central District Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	450	17.1%	Non-Sig	158	14.8%	Non-Sig	292	19.3%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	446	2.7	Lower	159	2.8	Non-Sig	287	2.5	Lower	No
3. Average number of days (in past month) that mental health was not good	443	2.9	Non-Sig	157	2.7	Non-Sig	286	3.1	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	220	3.8	Non-Sig	72	4.4	Non-Sig	148	3.3	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	320	21.1%	Non-Sig	110	17.5%	Non-Sig	210	24.7%	Higher	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	451	17.5%	Non-Sig	160	24.4%	Non-Sig	291	10.9%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	453	16.7%	Non-Sig	161	15.0%	Non-Sig	292	18.3%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	448	69.9%	Non-Sig	159	61.0%	Non-Sig	289	78.5%	Non-Sig	No
5. Average distance in miles from home to the ER closest to home	447	5.1	Lower	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	433	11.4	Non-Sig	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	445	57.3%	Non-Sig	156	63.4%	Non-Sig	289	51.5%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	174	1) Work (20.2%)		2) Long Wait (16.5%)		3) No Insurance (14.7%)		(Other= 37.8%)	
	Men	47	1) Work (20.9%)		2) No Insurance (13.2%)		3) Long Wait (8.8%)		(Other= 54.8%)	
	Women	127	1) Long Wait (22.0%)		2) Work (19.6%)		3) No Insurance (15.8%)		(Other= 25.6%)	
9. Primary source for getting information on health issues or illness										
	Overall	431	1) Doctor (42.4%)		2) Family/Friends (14.1%)		3) The Internet (13.0%)		(Other= 4.0%)	
	Men	150	1) Doctor (43.1%)		2) The Internet (17.3%)		3) Family/Friends (12.2%)		(Other= 5.7%)	
	Women	281	1) Doctor (41.8%)		2) Family/Friends (15.7%)		3) Newspaper (15.3%)		(Other= 2.6%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	444	9.5%	Non-Sig	158	9.4%	Non-Sig	286	9.6%	Non-Sig	No
2. Ever told blood pressure was high	451	29.1%	Non-Sig	159	32.5%	Non-Sig	292	25.7%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	453	45.2%	Non-Sig	161	43.0%	Non-Sig	292	47.4%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	453	79.8%	Non-Sig	161	76.2%	Non-Sig	292	83.2%	Non-Sig	No
5. Had cholesterol checked during the past five years	439	68.2%	Non-Sig	156	65.8%	Non-Sig	283	70.5%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	366	43.0%	Non-Sig	130	47.5%	Non-Sig	236	38.9%	Non-Sig	No
7. Were CPR certified during the past year	449	11.2%	Non-Sig	161	7.5%	Non-Sig	288	14.8%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	452	7.1%	Non-Sig	160	6.2%	Non-Sig	292	8.0%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	210	67.3%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	264	31.6%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	265	43.2%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	451	9.8%	Non-Sig	160	9.4%	Non-Sig	291	10.1%	Non-Sig	No
2. Currently has asthma	450	7.7%	Non-Sig	160	7.1%	Non-Sig	290	8.2%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	421	69.3%	Non-Sig	159	74.6%	Non-Sig	262	63.4%	Non-Sig	No
2. Obese (BMI 30+)	421	28.2%	Non-Sig	159	34.5%	Non-Sig	262	21.2%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	452	16.0%	Non-Sig	160	14.9%	Non-Sig	292	17.1%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	452	22.6%	Non-Sig	160	27.7%	Non-Sig	292	17.6%	Non-Sig	No
3. Current smokers who tried to quit during the past year	73	56.1%	Non-Sig	^	^	---	^	^	---	---
4. Smoking not allowed in home	451	78.5%	Non-Sig	159	75.9%	Non-Sig	292	81.0%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	210	81.2%	Non-Sig	57	77.4%	Non-Sig	153	84.1%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	453	31.8%	Non-Sig	161	31.5%	Non-Sig	292	32.0%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	424	48.1%	Non-Sig	150	56.6%	Non-Sig	274	40.3%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	432	38.4%	Non-Sig	158	37.1%	Non-Sig	274	39.6%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	453	18.9%	Non-Sig	161	16.7%	Non-Sig	292	20.9%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	453	35.8%	Non-Sig	161	28.3%	Non-Sig	292	43.1%	Lower	No
3. Consumed dairy products three or more times per day	453	18.9%	Non-Sig	161	25.1%	Non-Sig	292	12.9%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	446	2.0	Non-Sig	159	2.4	Non-Sig	287	1.6	Non-Sig	Yes
5. Foods at community events were 'always' or 'almost always' healthy	453	32.3%	Non-Sig	161	35.0%	Non-Sig	292	29.7%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	450	61.5%	Non-Sig	159	59.4%	Non-Sig	291	63.5%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	450	24.9%	Non-Sig	159	21.3%	Non-Sig	291	28.2%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	452	45.4%	Non-Sig	161	48.3%	Non-Sig	291	42.5%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	452	10.1%	Non-Sig	161	10.5%	Non-Sig	291	9.8%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	55	33.6%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	452	81.7%	Non-Sig	161	70.8%	Non-Sig	291	92.3%	Non-Sig	Yes
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	99	45.5%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	453	28.6%	Non-Sig	161	23.7%	Non-Sig	292	33.4%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	446	66.9%	Non-Sig	159	62.5%	Non-Sig	287	71.3%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	291	41.4%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	291	13.2%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	291	46.6%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	447	6.1%	Non-Sig	158	4.8%	Non-Sig	289	7.4%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	442	14.4%	Non-Sig	158	13.4%	Non-Sig	284	15.3%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005